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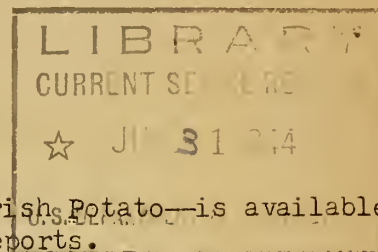
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WAR FOOD ADMINISTRATION
Office of Distribution

Industrial Nutrition Service



One of the most popular and nutritious foods--the Irish Potato--is available in relative abundance the War Food Administration reports.

Potatoes are unrationed and are good to eat at least twice a day. They are one of the Basic 7 foods listed on the Government's chart of recommended daily food groups.

White potatoes, commonly called "Irish Potatoes," are as American as the Indians who introduced them to the early explorers. They are one of our favorite foods, and are a source of vitamin C and iron. A serving of one-third of a pound will supply about one-tenth of the day's requirements of iron and about one-fifth of the requirement of vitamin C.

We know a lot more about potatoes since nutrition scientists have studied the ways in which the food we eat affects our well-being. Nutritionists have discovered that when potatoes are cooked certain ways they retain more of their food value. Maximum retention of vitamin C can be obtained by steaming whole, unpeeled potatoes. Other methods of cooking potatoes listed in the order of their vitamin C retention are: baking in the skin, steaming peeled, boiling, mashing, and frying slice raw potatoes in fat drippings.

Since air and water are enemies of vitamin C, long soaking or peeled or sliced potatoes, dicing potatoes finely before cooking, and letting cooked potatoes stand longer than half an hour before serving, reduce their food value.

It is possible to serve potatoes in such a variety of ways that one will never tire of eating them. Here are 15 different ways in which potatoes may be prepared:

- Steamed whole potatoes in jackets
- Baked potatoes
- Whole peeled steamed potatoes
- Parsley buttered potatoes
- Boiled potatoes
- Scalloped potatoes with ham or other smoked meats
- Creamed new potatoes
- Oven-browned potatoes
- Mashed potatoes
- Hot potato salad
- Cold potato salad
- American-fried potatoes (sliced raw)
- Creamed new potatoes and green peas
- Hashed brown potatoes
- Potato patties

1. Suggested Menus Using Potatoes*

Menus for Dinner Specials

Fruit cup	Fruit cup
Lamb stew with carrots and onions	Fried pork liver
Parsley buttered potatoes	Baked potatoes
Cabbage slaw	Scalloped tomatoes
Enriched bread and butter	Enriched bread and butter
Apple crisp	Chocolate cream pudding
Milk or other beverage	Milk or other beverage
Grapefruit juice	Vegetable soup
Beef stew with tomatoes and onions	Baked mackerel with lemon
Steamed potatoes in jackets	Fried potatoes
Mashed rutabagas	Buttered kale
Enriched bread and butter	Whole wheat bread and butter
Apple cobbler--fruit sauce	Fruit roll
Milk or other beverage	Milk or other beverage

2. Suggested Main Course Combinations (Lunch or Dinner) Using Potatoes

Fish

- Codfish cakes with egg sauce, boiled potato, scalloped tomatoes.
- Creamed fish, baked potato, buttered broccoli.
- Fried fish with lemon, creamed new potatoes, stewed tomatoes.

Poultry

- Creamed chicken, baked potato, buttered peas, raw carrot strips.
- Chicken fricassee, parsley buttered potatoes, green peas.
- Roast chicken with dressing, steamed potato with gravy, baked squash, cranberry jelly.

Meat

- Corned beef, boiled potato, boiled cabbage.
- Corned beef hash with potatoes, creamed cauliflower, carrot sticks.
- Meat balls, baked potato, cabbage and carrot salad.
- Braised short ribs, browned potatoes, buttered kale.
- Roast pork, browned potatoes, buttered Swiss chard.
- Sausage cake, baked potatoes, young beets and greens.
- Stuffed lamb breast, boiled potatoes, spinach.
- Veal stew with vegetables, boiled potatoes, raw vegetable salad.

Variety Meats

- Braised liver with whole carrots, onions and potatoes, tossed green salad.
- Creamed sweetbreads, baked potato, fresh fruit salad.

Eggs

- Spanish omelet, baked potato, buttered broccoli.

*-See "Planning Meals for Industrial Workers", USDA Publication NPG-2.

To the Workers in Industrial Food Service

Heavy workers can eat potatoes three times a day and like them, if they are cooked in various ways. Potatoes are expected to be plentiful this year, and they can help to provide the vitamin C and iron needed in the worker's diet.

The vitamin C content of potatoes as served may vary widely because of growing conditions, storage, and different modes of preparation. The mode of preparation is most important and is one means by which we can control the retention of food values. Tables showing cooking losses and holding losses, prepared by the Civilian Food Requirements Branch, Office of Distribution, War Food Administration, are:

Cooking Losses of Vitamin C:

Steamed, nonpeeled	- very little loss
Baked in skin	- about 20 percent loss
French fried	- about 30 percent loss
Steamed without skin	- about 50 percent loss

Holding Losses of Vitamin C:

Steamed, nonpeeled, up to 1 hr.	- little loss
Baked in skin 1/2 hour	- 15 - 20 percent loss
French fried 1/2 hour	- 5 - 10 percent loss
Steamed, without skin 1/2 hr.	- 25 percent loss
Mashed	- up to 90 percent loss soon after mashing

Potatoes may be used to extend meats, and can be combined with small amounts of fish or meat in such dishes as: fish cakes made with mashed potato; scalloped potatoes with diced frankfurters; scalloped potatoes with hard cooked eggs and cheese sauce; stewed beef, lamb, or veal with potatoes and other vegetables; and potato chowder.

Suggested RecipesHOT OR GERMAN POTATO SALAD - 100 servings

<u>Ingredients</u>	<u>Measure</u>	<u>Weight</u>
Potatoes		25 lbs.
Celery, sliced	2 quarts	
Onion (Bermuda or Spanish), chopped		2 lbs.
Chopped parsley		2 oz.
Bacon, finely cut, cooked		2 lbs.
Salt	2/3 cup	
Black pepper	1 teaspoon	
Vinegar	2 cups	
Water	1 1/2 cups	

Method of Preparation:

1. Cook potatoes in jackets, peel and slice while warm.
2. Mix potatoes, celery, onion, and parsley together.
3. Cook bacon, chop, and add it with the fat to the remaining ingredients and pour them over potato mixture.
4. Cover the salad and let it stand 30 to 40 minutes to season.
5. Serve hot.

CODFISH BALLS - 100 portions*

Ingredients	Measure	Weight
Boneless salt cod		8 lbs.
Potatoes, raw weight		20 lbs.
Eggs	16	
Butter or fortified margarine		1/2 lb.
Pepper	1 teaspoon	
Flour	2 cups	

Method of Preparation:

1. Wash cod fish in water to remove excess salt.
2. Place in cold water and then heat to the simmering point.
3. Pour off the water, cover again with cold water and heat to the simmering point.
4. Repeat this process if necessary to remove excess salt.
5. Cut fish into small pieces with scissors.
6. Steam potatoes in jackets, peel, and mash.
7. Add beaten eggs, melted butter, pepper, and flaked codfish, and beat until fluffy.
8. Form into 3 ounce fish balls (100) using a number 16 scoop.
9. Roll lightly in flour and chill.
10. Fry in deep fat at 380°F or in shallow fat in a skillet.
11. Drain on soft unglazed paper.

SCALLOPED POTATOES - 100 servings, 6 oz. each

Ingredients	Measure	Weight
Potatoes, raw, sliced		20 lbs.
Milk	1 1/2 gal.	
Butter or fortified margarine		1 lb.
Flour		8 oz.
Salt		8 oz.
Onion, grated		8 oz.
Buttered crumbs		1 lb.

Method of Preparation:

1. Scald the milk.
2. Melt the butter or vitamin A fortified margarine, stir in the flour and add to the scalded milk.
3. Cook from 7 - 10 minutes.
4. Add the grated onion and salt.
5. Grease 4 scalloping or steam-table pans, 9"x9" with drippings.
6. Cover with a layer of potatoes and then with one of white sauce.
7. Add another layer of potatoes and sauce.
8. "Butter" the crumbs with melted fat, stir until well coated. Sprinkle over the potato mixture.
9. Bake about 1 1/2 hours in a moderate oven until brown.

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*-"Quantity Methods for Serving Potatoes", prepared for institutions and industrial plants by the Civilian Food Requirements Branch; Office of Distribution, War Food Administration, Washington, D. C. Available free upon request.